

# Task Assessment Form

iUCT23 – Provide basic reflexology techniques

Name of Learner: \_\_\_\_\_

**This assessment sheet must be completed in full for each learner by the Internal Assessor**

- **Conducting the assessment** – The evaluation should be based on the criteria detailed below. The assessor should base their evaluation entirely on the learner's performance during the assessment exercise; they should remain objective and should not coach or distract the learner during the assessment. Please indicate with a ✓ criteria that are completed successfully, indicating with an × criteria that have not been completed successfully.
- **Once all boxes have been ticked the assessor must place a ✓ in the pass box indicating that the task is complete.**

Assessment Task	Assessment						General Comment
	1 <sup>st</sup> date		2 <sup>nd</sup> date		3 <sup>rd</sup> date		
	Completed	Not Completed	Completed	Not Completed	Completed	Not Completed	
Appearance – the learner demonstrated:							
Clean, ironed professional uniform							
Clean, neat hair - tied back/up if long and off the collar and face							
Short, clean, well-manicured nails with no varnish and clean hands							

Assessment Task	Assessment						General Comment
	1 <sup>st</sup> date		2 <sup>nd</sup> date		3 <sup>rd</sup> date		
	Completed	Not Completed	Completed	Not Completed	Completed	Not Completed	
Clean, sensible full flat shoes, socks should be worn							
Tights an appropriate colour for the uniform, if wearing a skirt							
No jewellery - with the exception of a wedding band and 1 pair of small stud earrings (religious jewellery must be taped)							
No body or breath odour							
No chewing gum or sucking sweets							
No visible underskirts/underwear							
Skirts to the knee. Trousers cropped no higher than calf/trousers not trailing on the floor							
<b>Client care – the learner:</b>							
Greeted and introduced self to the client							
Assisted client off the couch							
Explained the treatment procedure to the client							
Ensured the client’s comfort/modesty throughout							
Maintained a positive and professional approach to client/colleagues throughout							

Assessment Task	Assessment						General Comment
	1 <sup>st</sup> date		2 <sup>nd</sup> date		3 <sup>rd</sup> date		
	Completed	Not Completed	Completed	Not Completed	Completed	Not Completed	
<b>Hygiene and sterilisation – the learner:</b>							
Wiped equipment over with appropriate sanitiser before and after use							
Sanitised hands before, during and after treatment as appropriate							
Replaced lids on products and used spatulas to remove cream							
Disposed of cotton wool, tissues, paper roll and general waste hygienically and appropriately							
Ensured laundry was clean and changed for each client							
Ensured the client’s footwear was stowed under the couch and that the client did not walk around barefoot							
<b>Consultation – the learner:</b>							
Demonstrated appropriate posture and body language							
Tactfully obtained all relevant information maintaining client confidentiality							
Established a rapport with the client, explaining any benefits, effects and restrictions of the treatment and co-operation required							
Reviewed initial consultation and agreed a treatment plan with client							

Assessment Task	Assessment						General Comment
	1 <sup>st</sup> date		2 <sup>nd</sup> date		3 <sup>rd</sup> date		
	Completed	Not Completed	Completed	Not Completed	Completed	Not Completed	
<b>Reading the feet – the learner:</b>							
Established the presence of any local contra-indications							
Assessed skin texture/ the presence of any areas of hard skin							
Assessed the colour of the skin							
Assessed the flexibility of the feet							
Assessed the temperature of the feet							
Assessed any areas of swelling/puffiness							
Assessed odour of the feet							
Established the way in which feet fell when the client relaxed							
Assessed the nails for discolouration or abnormalities							
Assessed the skeletal structure and arches of the feet							
<b>Technique, continuity and pressure – the learner:</b>							
Performed movements displaying flexibility of the hands and wrists							
Established client’s preference regarding the pressure of the treatment							

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	Completed	Not Completed	Completed	Not Completed	Completed	Not Completed	
Maintained contact during the task							
<b>Basic reflexology techniques – the learner:</b>							
Positioned the client comfortably and used support where necessary							
Assessed area to be worked for contra-indications							
Demonstrated a warm up massage routine on feet prior to task							
Worked in a logical sequence incorporating thumb and finger walking along the reflex zones							
Applied pressure appropriate for area worked and movements used							
Maintained client comfort with pressure applied throughout task							
Observed client’s expression during task and informed client of procedures							
Performed movements at correct speed							
Demonstrated cool down massage routine on feet to complete task							
Maintained good posture throughout – back straight, feet flat on floor, shoulders down							
Completed task in commercially acceptable time							
<b>Aftercare – the learner:</b>							
Concluded treatment in a hygienic and logical manner							
Recorded treatment details on foot chart, any adaptations and client feedback							



### Document History

Version	Issue Date	Changes	Role
v1	09/10/2019	First published	Qualifications and Regulation Co-ordinator